



## Maja Blanca

 **Gluten Free**  **Dairy Free**

READY IN



**125 min.**

SERVINGS



**12**

CALORIES



**141 kcal**

SIDE DISH

### Ingredients

- 2 cups coconut milk thin
- 0.8 cup regular corn cream-style
- 3 tablespoons corn kernels
- 0.5 cup cornstarch
- 0.5 cup sugar white

### Equipment

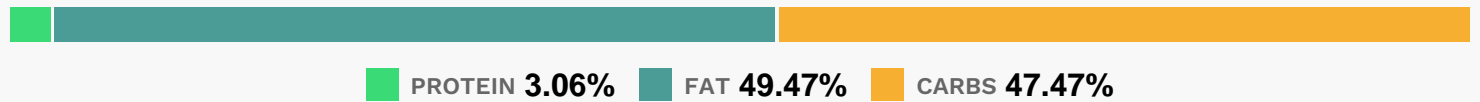
- bowl
- sauce pan

pie form

## Directions

- Bring 2 cups coconut milk to a boil; stir constantly until oil begins to separate from the milk, about 30 minutes. Skim and reserve oil in a bowl. Reduce heat to medium-low and add 3 tablespoons sugar to remaining milk. Continue to cook and stir until milk becomes brown and crumbly, about 30 minutes more.
- Remove latik from heat.
- Grease an 8-inch mold or pie dish with reserved coconut oil.
- Heat remaining 2 cups coconut milk, cream-style corn, cornstarch, 1/2 cup sugar, and corn kernels in a saucepan over medium heat, stirring constantly, until thickened, about 5 minutes.
- Pour corn mixture into prepared mold. Cool until maja blanca is set.
- Cover mold with a plate and invert maja blanca onto the plate. Slice maja blanca and sprinkle with latik.

## Nutrition Facts



## Properties

Glycemic Index:13.92, Glycemic Load:6.84, Inflammation Score:-1, Nutrition Score:2.4421739464869%

## Nutrients (% of daily need)

Calories: 140.6kcal (7.03%), Fat: 8.18g (12.58%), Saturated Fat: 7.14g (44.65%), Carbohydrates: 17.65g (5.88%), Net Carbohydrates: 17.34g (6.3%), Sugar: 9g (10%), Cholesterol: 0mg (0%), Sodium: 54.8mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Manganese: 0.31mg (15.38%), Iron: 1.34mg (7.46%), Magnesium: 20.69mg (5.17%), Copper: 0.1mg (4.84%), Phosphorus: 46.71mg (4.67%), Folate: 13.52µg (3.38%), Potassium: 109.51mg (3.13%), Vitamin B3: 0.43mg (2.15%), Zinc: 0.31mg (2.08%), Vitamin C: 1.09mg (1.32%), Fiber: 0.31g (1.26%), Vitamin B6: 0.02mg (1.1%)